



Grab and Go Breakfast (6-12) Menu

August/September 2012

All breakfasts are FREE. Full student breakfast includes choice of entrée, 1 fruit choice & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
8/27 Assorted Whole Grain Muffins Hard Boiled Egg Applesauce Cup	28 Turkey Sausage & Egg Sandwich on a Whole Wheat English Muffin 100% Orange Juice	29 Whole Wheat Bagel w/ Reduced Fat Cream Cheese Local Pear	30 Egg & Cheese Sandwich on a Whole Wheat English Muffin Fresh Banana	31 Whole Grain Maple French Toast Sticks Chilled Peaches
9/3 <i>Labor Day</i>	4 Whole Wheat Bagel w/ Reduced Fat Cream Cheese 100% Orange Juice	5 Turkey Ham, Egg & Cheese Sandwich on a Whole Wheat Bagel Local Pear	6 Fresh Baked Whole Grain Peach Muffin Square Yogurt Cup Fresh Banana	7 Whole Grain Cinnamon Raisin Oatmeal Bowl Chilled Peaches
10 Whole Wheat Bagel w/ Reduced Fat Cream Cheese Applesauce Cup	11 Turkey Sausage & Egg Sandwich on Whole Wheat English Muffin 100% Orange Juice	12 Whole Grain Maple French Toast Sticks Local Pear	13 Cheesy Scrambled Eggs Whole Wheat Biscuit Fresh Banana	14 Egg & Cheese Sandwich on a Whole Wheat English Muffin Chilled Peaches
17 Savory Chicken Sausage on a Whole Wheat Biscuit Applesauce Cup	18 Whole Grain Breakfast Bar Yogurt Cup 100% Orange Juice	19 Turkey Ham, Egg & Cheese Sandwich on a Whole Wheat Bagel Local Pear	20 Fresh Baked Whole Grain Blueberry Muffin Square Graham Crackers Fresh Banana	21 Whole Grain Cinnamon Raisin Oatmeal Bowl Chilled Peaches
24 Turkey Ham, Egg & Cheese Sandwich on a Whole Wheat English Muffin Applesauce Cup	25 Whole Wheat Bagel w/ Reduced Fat Cream Cheese 100% Orange Juice	26 Turkey Sausage & Egg Sandwich on a Whole Wheat English Muffin Local Pear	27 Whole Grain Maple French Toast Sticks Fresh Banana	28 Egg & Cheese Sandwich on a Whole Wheat English Muffin Chilled Peaches
Daily Alternate Options				
Available daily: Assorted whole grain cereals, assorted fresh fruits*. *The cereal alternate is served with graham crackers. Students have the choice of either juice or cupped fruit or fresh fruit.				